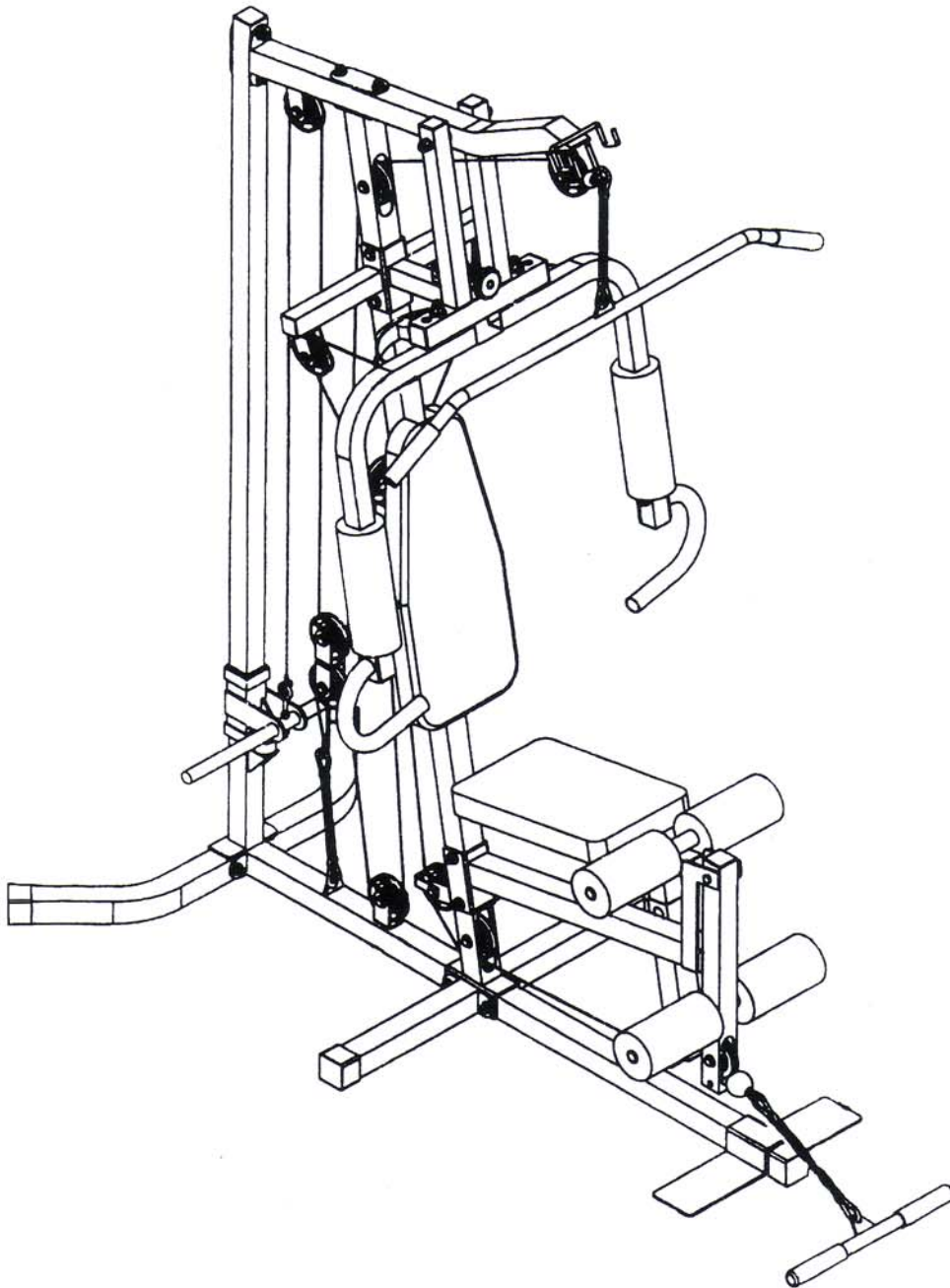




We meet all your fitness needs.



STRENGTH TRAINER 150

KEYS FITNESS LIMITED LIFETIME WARRANTY

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product. KEYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

This Warranty applies only in the United States to products manufactured or distributed by Keys Fitness, Inc. under the Keys Fitness brand name.

Keys Fitness warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys fitness or from an authorized Keys Fitness reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the product.

To obtain warranty service, you must return the product and/or the defective part to Keys Fitness in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Keys Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void Warranty. This warranty covers only parts, not labor or receive charges for installation. This warranty does include wear and tear on all parts.

This Warranty does not extend to any Product not purchased from Keys Fitness or from an authorized Keys Fitness reseller. This warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys Fitness; (c) by modification of the Product; (d) as a result of service by anyone other than Keys Fitness, or an authorized Keys Fitness warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys Fitness receipt of payment or acceptable arrangement of payment.

EXCEPT AS EXPRESSLY SET FORTH IN THE WARRANTY KEYS FITNESS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS FITNESS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER KEYS FITNESS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OF THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you express warranty applicable to Keys Fitness branded products. Keys Fitness neither assumes nor authorizes anyone to assume for it any other express warranty.

Before returning a product you must call Keys Fitness at 1-888-340-0482 to obtain a Return Authorization Number. No returns will be accepted without the Return Authorization Number. Original purchaser must pre-pay all freight charges on warranty claims. Keys Fitness will not accept Freight Collect shipments or return shipments on freight collect basis.

You must fill out Warranty Registration Card completely, and return it to KEYS FITNESS within 30 days of purchase for this warranty to be valid. Be sure to include a copy of your original receipt.

**PLEASE FILL OUT THE FOLLOWING AND RETURN TO:
KEYS FITNESS PRODUCTS, L.P.
P.O. BOX 551239
DALLAS, TX 75355-1239**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE(H) _____ (W) _____

ITEM PURCHASED _____ STORE NAME _____

PRICE _____

WARRANTY CARD

PURCHASE DATE _____

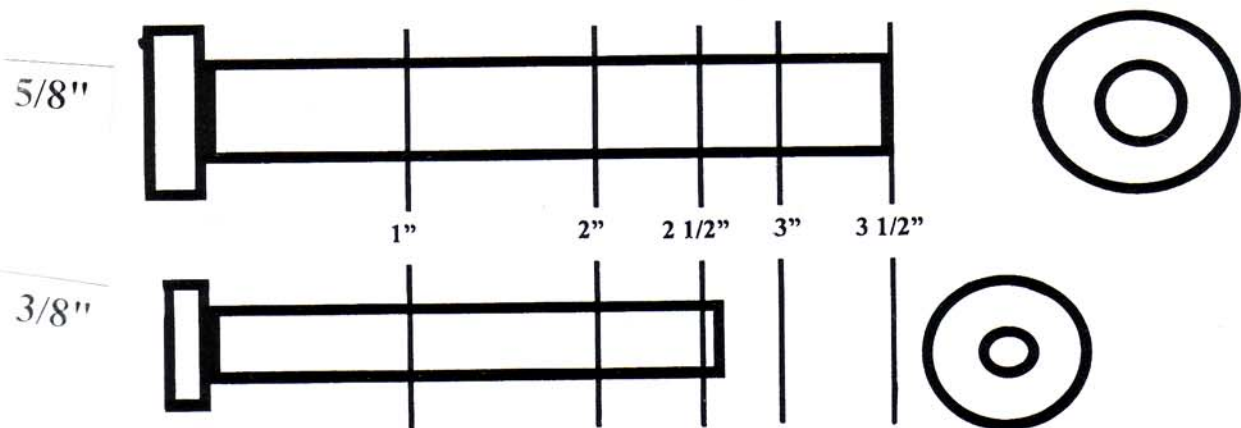
IMPORTANT SAFETY INFORMATION

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions in this manual before using this product.

KEYS FITNESS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- 1 Inspect and tighten all parts each time you use the weight training system. Replace any worn parts by contacting your local dealer or KEYS FITNESS.
 - 2 Keep your hands and other parts of your body away from moving parts other than designed handles.
 - 3 Keep small children away from the weight system at all times.
 - 4 When adjusting seat height make sure the pin of the lock knob is in one of the holes in the seat post. If the pin is not in one of the seat post holes, the seat may slip during use causing serious injury.
 - 5 Never release the press arm, butterfly arms, leg lever, bars or straps while weights are raised. The weights will fall causing injury to yourself or the weight system.
 - 6 Check cables to ensure they remain on the pulleys as you use the weight system.
 - 7 If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
 - 8 **DO NOT PUT MORE THAN 250 LBS. OF WEIGHT ON WEIGHT PLATE SYSTEM.**
- ONLY TIGHTEN BOLT CONNECTIONS "FINGER TIGHT" UNTIL THE WEIGHT SYSTEM IS COMPLETELY ASSEMBLED UNLESS OTHERWISE TOLD TO DO SO IN INSTRUCTIONS.
 - Assembly requires two persons.
 - The following tools (not included) are required for assembly the Strength Trainer 150: two 8" adjustable wrenches, a 9/16" socket wrench, a 1/2" socket wrench, a rubber mallet, and a standard screwdriver.
 - Read each step in alphabetical order completely before proceeding. Do not skip ahead, it may result in mis-assembly which may damage the weight system.
 - Place all parts of the ST150 in a cleared area and remove the packing material. Do not dispose of the packing materials until assembly is completed.

BOLT AND WASHER GUIDE



PARTS LIST

DIAGRAM#	PART NAME		Q'TY
1	Main Base Frame		1
2	Rear Stabilizer		1
3	Rear Upright		1
4	Front Stabilier		2
5	Front Upright		1
6	Stop Tube		1
7	Top Frame		1
8	Seat Support		1
9	Support Tube		1
10	Press Support		1
11	Presss / Pec. Dec. Arm		2
12	Hex Head, Bolt	15.8 x 10 x 23	1
13	Leg Extension Tube		1
14	Hand Tube		2
15	Leg Tube		2
16	Lat Bar		1
17	Foot Plate		1
18	Curl Bar		1
19	Seat Cushion		1
20	Back Cushion		1
21	"L" Bracket	t 3.0 x 20 x 90	1
22	Flat Bracket	t 3.0 x 50 x 130	1
23	Double Bracket	t 3.0 x 40 x 164	1
24	Offset Bracket	t 3.0 x 40 x 164	1
25	Metal Spacer	12.7 x t 1.0 x 7.5	2
26	Metal Spacer	12.7 x t 1.0 x 10	4
27	Hex Head, Bolt	3/8" x 3 1/2"	2
28	Hex Head, Bolt	3/8" x 3"	9
29	Hex Head, Bolt	3/8" x 2 5/8"	2
30	Hex Head, Bolt	3/8" x 2 3/4"	2
31	Hex Head, Bolt	5/16" x 1 5/8"	1
32	Hex Head, Bolt	3/8" x 2 3/8"	4
33	Hex Head, Bolt	3/8" x 1"	4

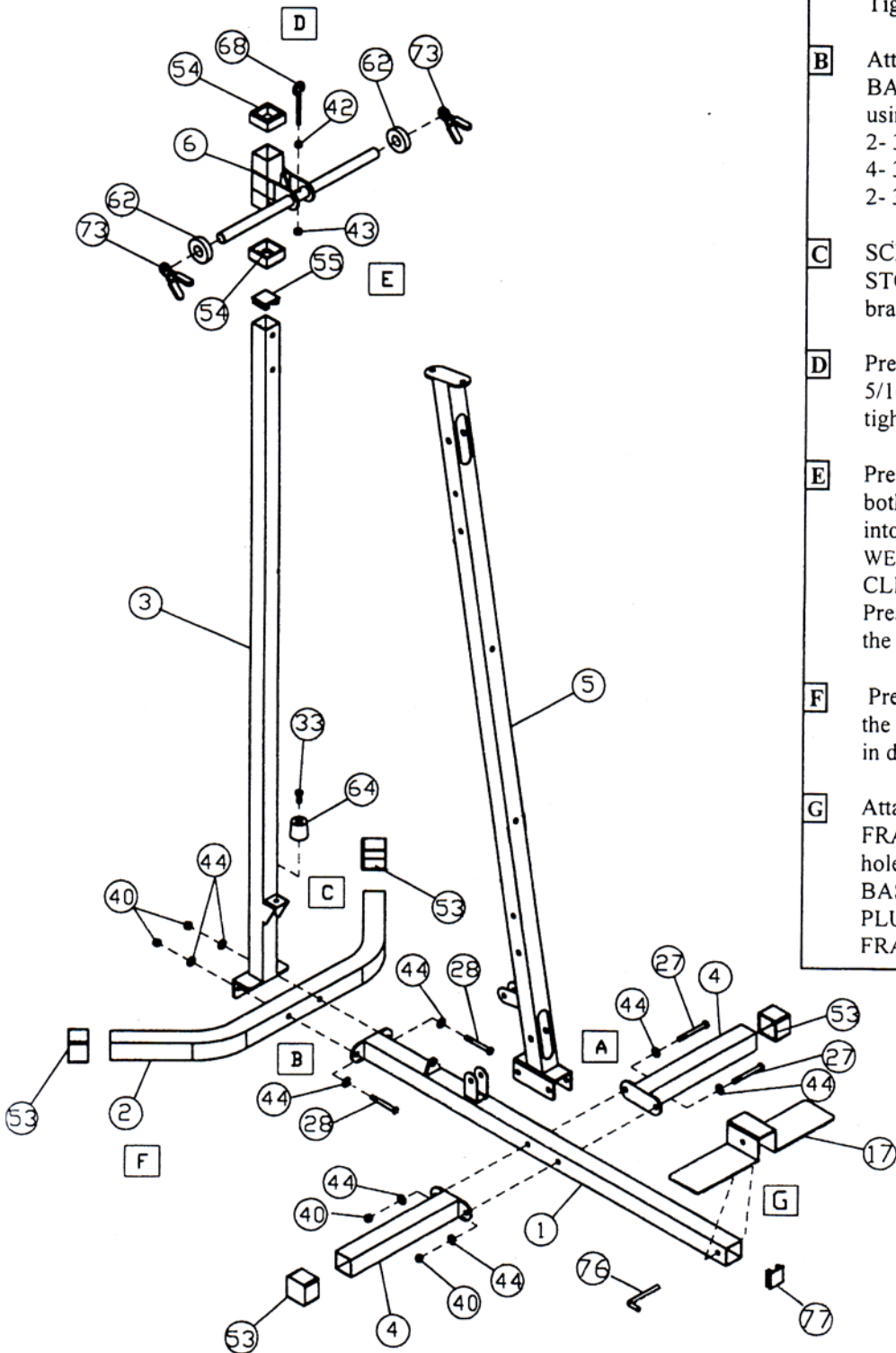
PARTS LIST

DIAGRAM#	PART NAME		Q'TY
34	Hex Head Bolt	3/8" x 2"	2
35	Hex Head Bolt	3/8" x 2"	9
36	Hex Head Bolt	5/16" x 2 1/8"	4
37	Hex Head Bolt	3/8" x 2"	1
38	Pivot Pad	5/8" x 1/2" x 180	1
39	Nylon Nut	1/2"	4
40	Nylon Nut	3/8"	29
41	Nylon Nut	5/16"	5
42	Slide Nut	5/16"	1
43	Nut	5/16"	1
44	Washer	3/8" x t 2.0	62
45	Washer	5/16" x t 2.0	10
46	Washer	25 x 1/2" x t 2.0	4
47	Safety Hook	7.0 x 70	6
48	Chain	6 Chains	2
49	Chain	10 Chains	1
50	"L" Pin	3/8" x 5"	2
51	Threaded Plastic Knob	60 x 25 x 3/8"	1
52	Metal Bushing	28.6 x 22.2 x 16 x 12.7	6
53	Square Cap	50 x 50	5
54	Plastic Bushing	50 x 50 x 45 x 45 x 30	2
55	Square Plug	45 x 45	4
56	Square Plug	38 x 38	10
57	Round Plug	25.4	4
58	Round Plug	31.8	2
59	Hand Grip	25.4 x 130	4
60	Foam Roller	35 x 29 x 375	2
61	Pulley	90	13
62	Weight Rubber Bumper	60 x 26 x 15	2
63	Bumper	40 x 25	1
64	Stop Bumper	40 x 35 x 40	1
65	Foam Roller	3" x 7 1/2"	2
66	Foam Roller	4 1/4" x 7 1/2"	2

PARTS LIST

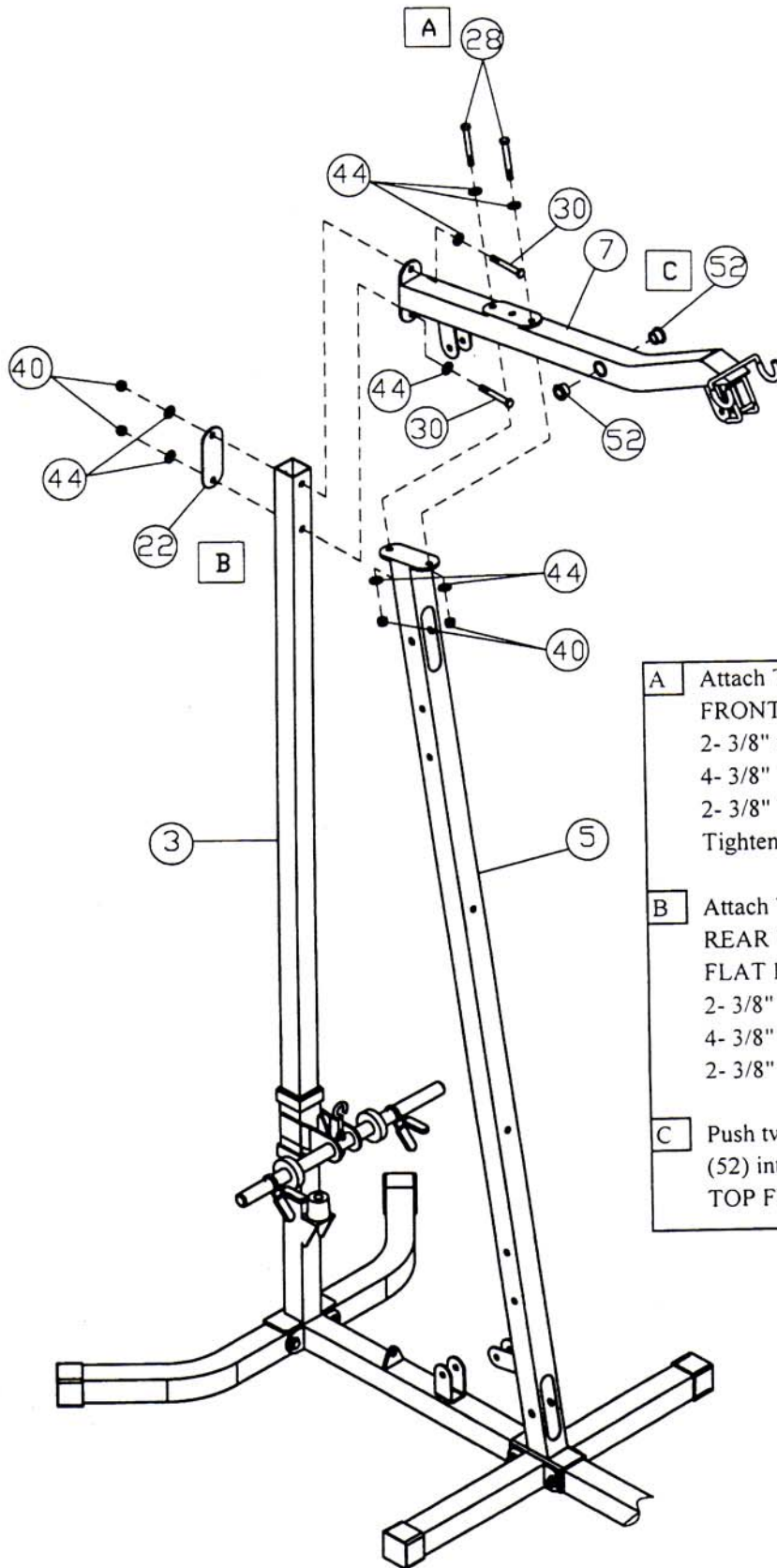
DIAGRAM#	PART NAME		Q'TY
67	Big Foam Roller	90 x 47 x 265	2
68	Collection Hook	7.0 x 161	1
69	Rubber Band	10 x 6 x 88	2
70	Bottom Cable	7 x 19 x 3440	1
71	Butterfly Cable	7 x 19 x 2430	1
72	Top Cable	7 x 19 x 3370	1
73	Spring Clip	25.4	2
74	Hand Strap		1
75	Ankle Strap	2" x 18 1/2"	1
76	"L" Pin	3/8" x 110	1
77	Square Plug	50 x 50	2
78	Seat Barce		1
79	Metal Bushing	10 x 16 x 20 x 13	2
80	Spring Knob		1

UPRIGHT ASSEMBLY



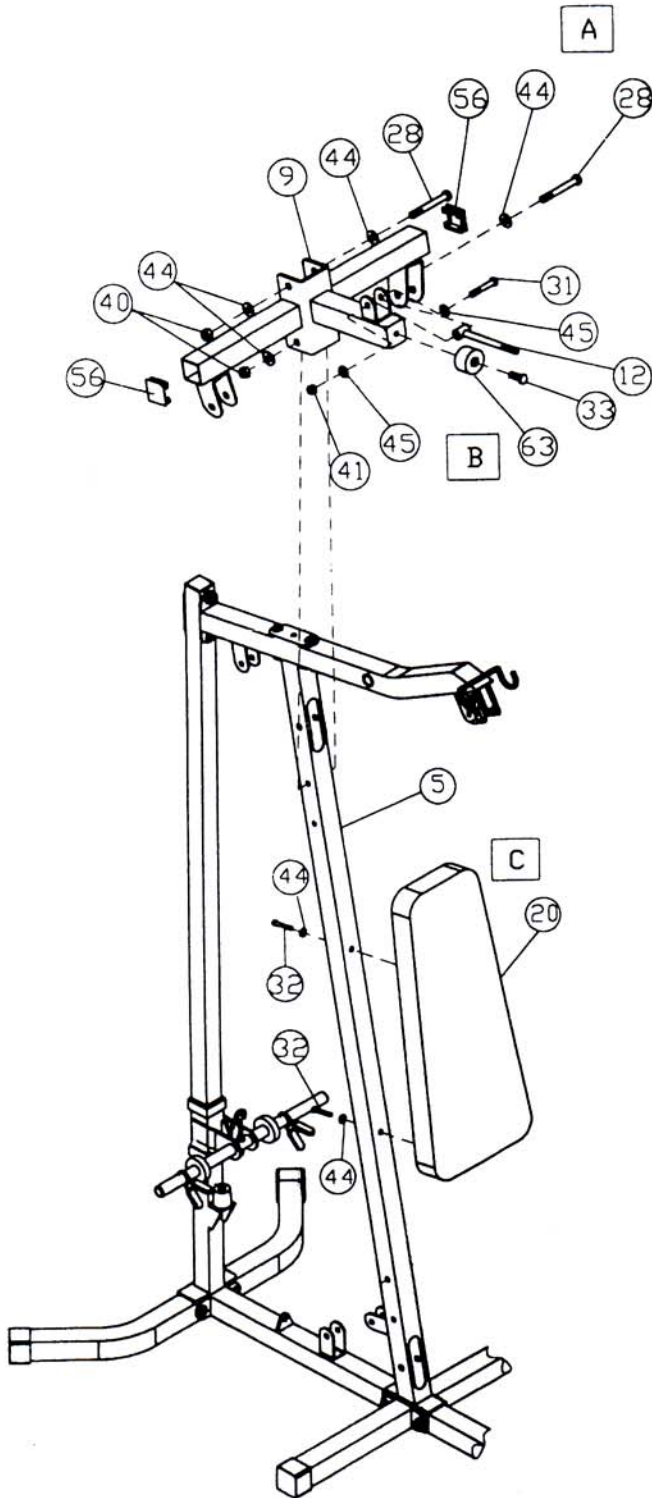
- A** Attach FRONT UPRIGHT (5) and two FRONT BASE TUBES (4) to each side of the MAIN BASE FRAME (1) using,
 - 2- 3/8" x 3 1/2" BOLTS
 - 4- 3/8" WASHERS
 - 2- 3/8" NYLON NUTS
 Tighten BOLTS firmly.
- B** Attach REAR UPRIGHT (3) and REAR BASE TUBE (2) to MAIN BASE TUBE (1) using,
 - 2- 3/8" x 3" BOLTS
 - 4- 3/8" WASHERS
 - 2- 3/8" NYLON NUTS
- C** SCREW 3/8" x 1" HEX BOLT into the STOP BUMPER (64), and Screw into the bracket on REAR UPRIGHT (3).
- D** Press COLLECTION HOOK (68) and slide 5/16" SLIDE NUT (42) into the bar and tighten with 5/16" NUT.
- E** Press two 2" PLASTIC BUSHINGS (54) into both sides of the STOP TUBE (6) and slide into the REAR UPRIGHT (3) then press WEIGHT RUBBER BUMPER (62) and SPRING CLIP (73) onto each side of STOP TUBE. Press SQUARE PLUG (55) into the top of the REAR UPRIGHT (3).
- F** Press FOUR 2" SQUARE CAPS (53) onto the end of the BASE TUBES (as shown) in drawing.
- G** Attach FOOT PLATE (17) to MAIN BASE FRAME (1) and insert "L" PIN (76) into the hole of the FOOT PLATE (17) and MAIN BASE FRAME (1). Press 2" SQUARE PLUG (77) into the end of the MAIN BASE FRAME (1) (as shown) in drawing.

TOP FRAME ASSEMBLY



- A** Attach TOP FRAME (7) to FRONT UPRIGHT (5), using
 2- 3/8" x 3" BOLTS
 4- 3/8" WASHERS
 2- 3/8" NYLON NUTS
 Tighten bolts firmly.
- B** Attach TOP FRAME (7) to REAR UPRIGHT (3), using
 FLAT BRACKET (22)
 2- 3/8" x 2 3/4" BOLTS
 4- 3/8" WASHERS
 2- 3/8" NYLON NUTS
- C** Push two METAL BUSHINGS (52) into holes on each side of the TOP FRAME.

SUPPORT ASSEMBLY



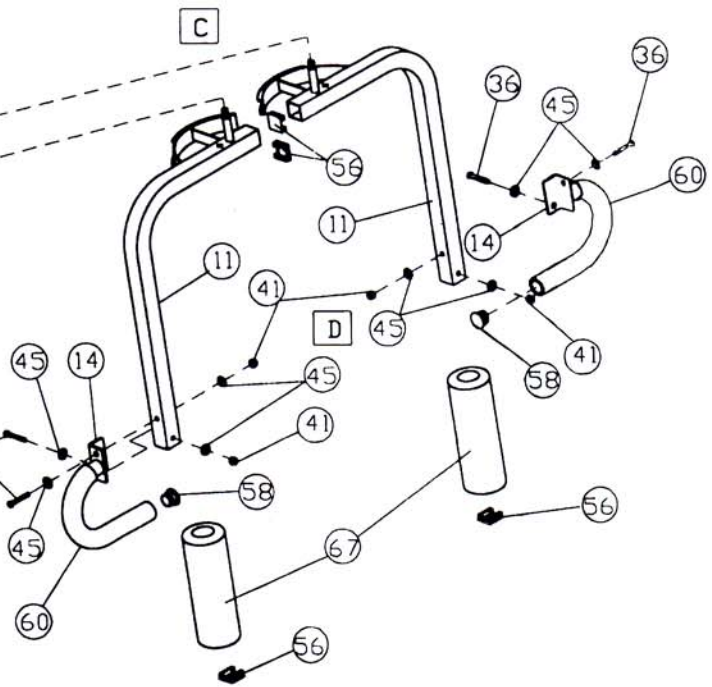
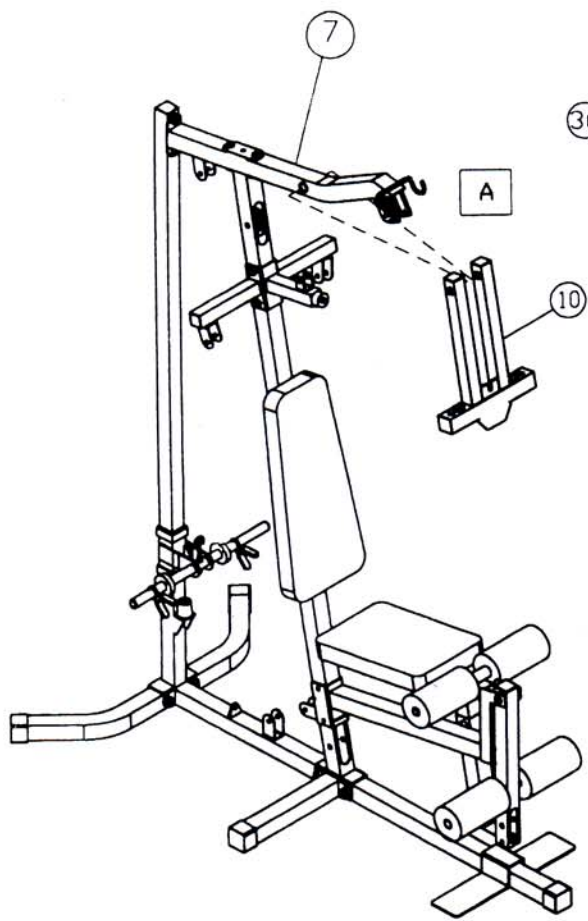
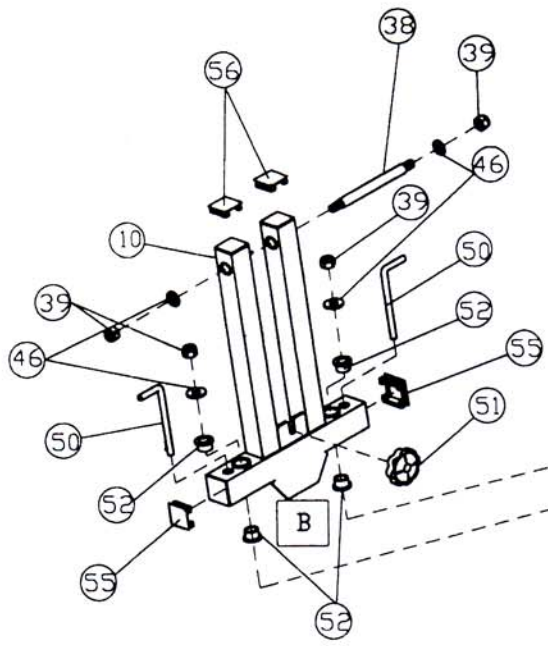
A Attach SUPPORT TUBE (9) to FRONT UPRIGHT (5) using,
 2- 3/8" x 3" BOLTS
 4- 3/8" WASHERS
 2 -3/8" NYLON NUTS then insert SQUARE PLUG (56) into each end of SUPPORT TUBE..

B Place 3/8" x 1" BOLT into BUMPER (63) and screw tight into SUPPORT TUBE (as shown). Attach 15.8 x 10 x 2.3 HEX BOLT (12) to the bracket of the SUPPORT TUBE (9) using,
 1- 5/16" x 1 7/8" BOLT
 2- 5/16" WASHERS
 1- 5/16" NYLON NUT.

C Attach BACKREST PAD (20) to FRONT UPRIGHT using,
 2- 3/8" x 2 3/8" BOLTS
 2- 3/8" WASHERS.

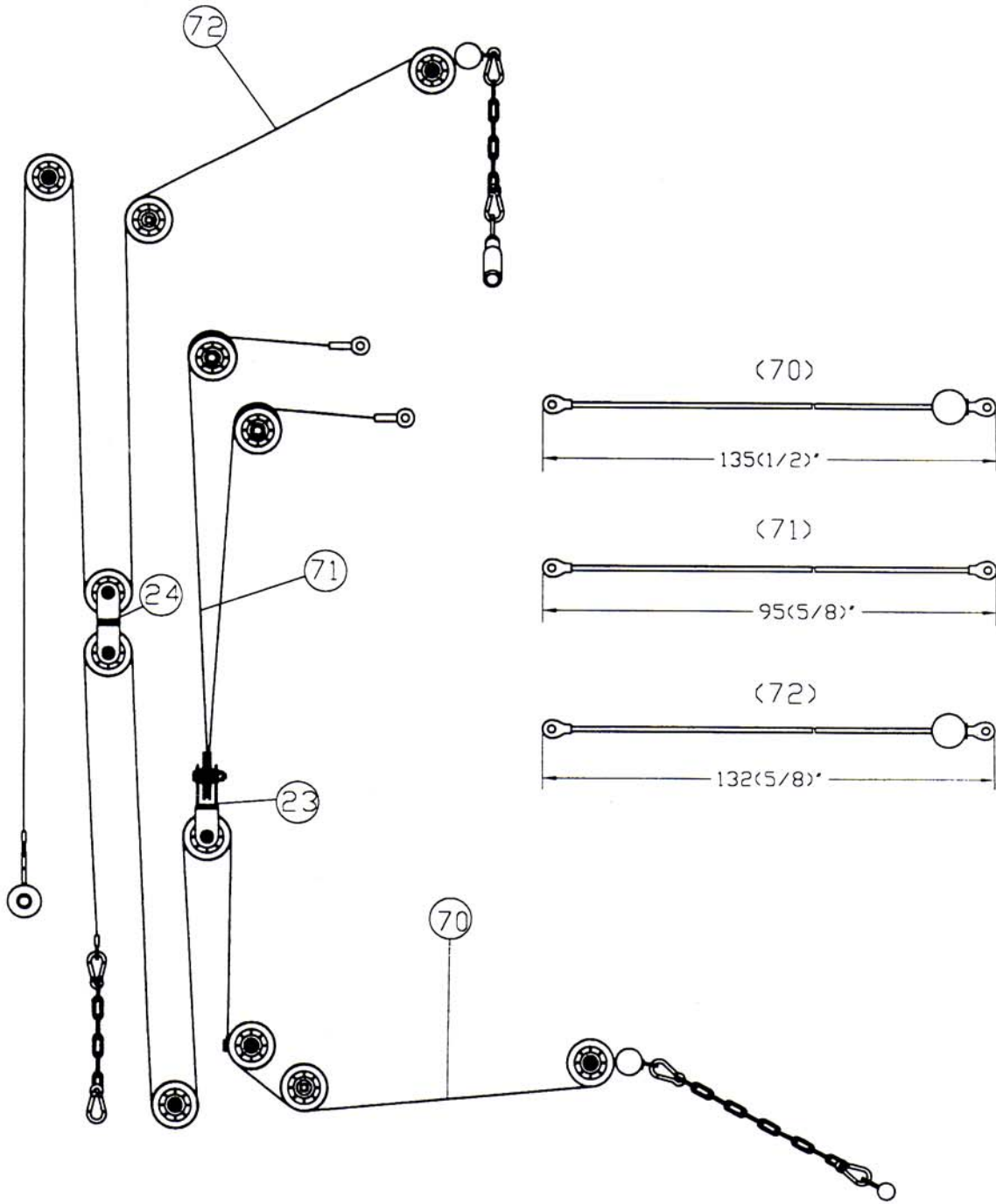
PRESS SUPPORT ASSEMBLY

- A** Attach PRESS SUPPORT (10) onto the TOP FRAME (7) using
 1/2" x 7" PIVOT BOLT (38)
 2- 1/2" WASHERS
 2- 1/2" NYLON NUTS
 Tighten BOLTS firmly.
- B** Push 2 - 38 x 38 SQUARE PLUGS (56) and
 2- 45 x 45 SQUARE PLUGS (55) into the four
 sides of the PRESS SUPPORT (10).



- C** Push 4 METAL BUSHINGS (52) into the holes on
 the PRESS SUPPORT (10) (as shown) and attach
 the THREADED BOLTS of the PRESS/PECDEC
 ARM (11) into the METAL BUSHINGS (52) of the
 PRESS SUPPORT (10). Use 2- 1/2" NYLON NUTS
 and 2- 1/2" WASHERS.
- D** Press two BIG FOAM ROLLER (67) onto the
 PRESS/PECDEC ARM (11), attach HAND TUBE
 (14) to PRESS/PECDEC ARM (11) using
 2- 5/16" x 2 1/8" bolts
 4- 5/16" WASHERS
 2- 5/16" NYLON NUTS on each side.
 Then push 2 - 38 x 38 SQUARE PLUGS (56) and 2-
 31.8 ROUND PLUGS (58) into the end of BAR and
 PRESS/PECDEC ARM (11).

CABLE INSTALATION



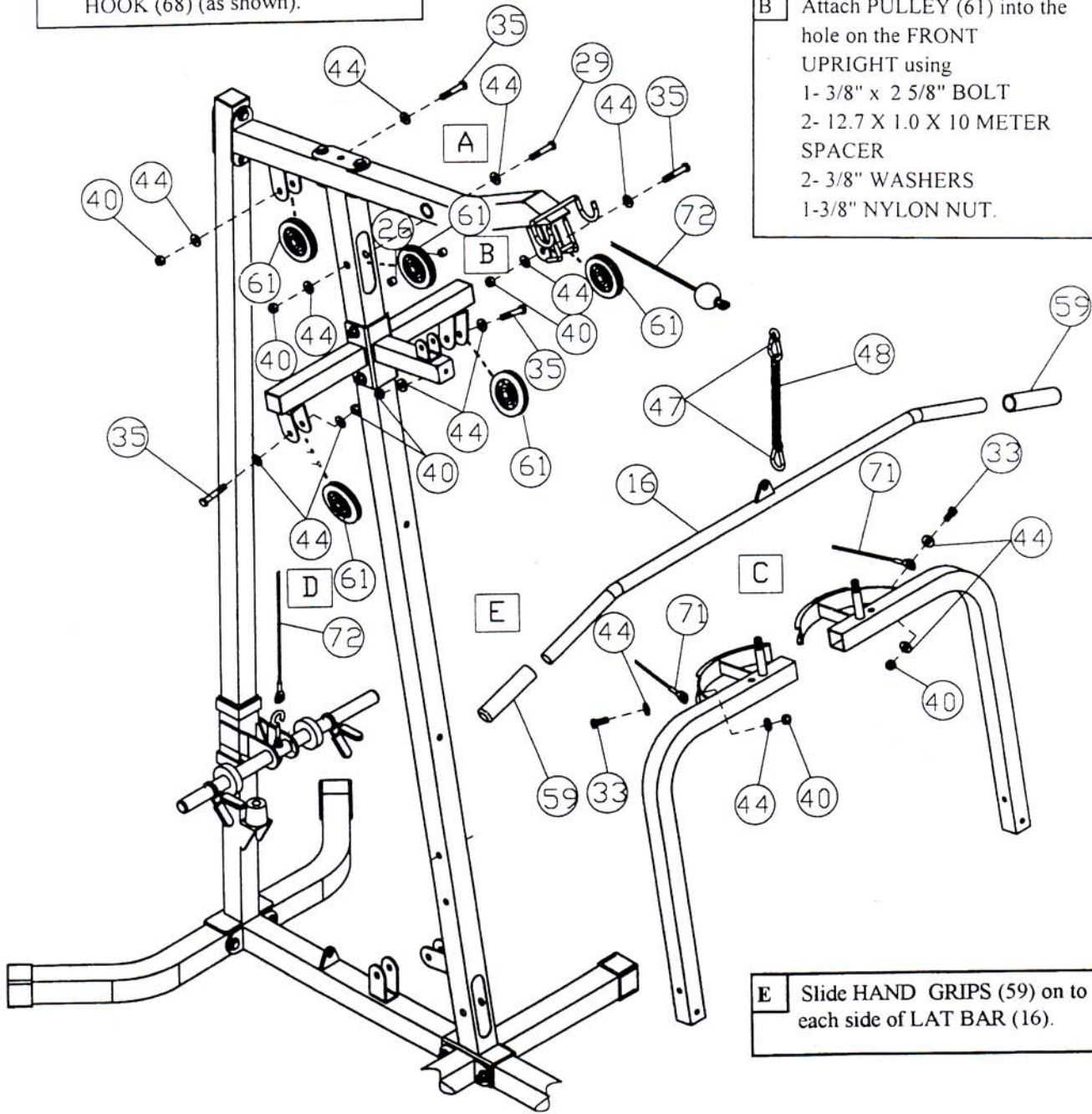
ASSEMBLY

C Attach CABLE (71) to PRESS/PECDEC ARM (11) using:
 1- 3/8" x 1" BOLT
 2- 3/8" WASHERS
 1- 3/8" NUT tighten BOLT firmly.

D Hook Cable (72) to COLLECTION HOOK (68) (as shown).

A Attach two PULLEYS (61) into the PULLEY BRACKET of the TOP FRAME (7), AND TWO PULLEYS (61) into the PULLEY BRACKET of the PRESS SUPPORT (10) (as shown) using:
 1- 3/8" x 2" BOLT
 2- 3/8" WASHERS
 1- 3/8" NUT on each BRACKET.

B Attach PULLEY (61) into the hole on the FRONT UPRIGHT using:
 1- 3/8" x 2 5/8" BOLT
 2- 12.7 X 1.0 X 10 METER SPACER
 2- 3/8" WASHERS
 1- 3/8" NYLON NUT.

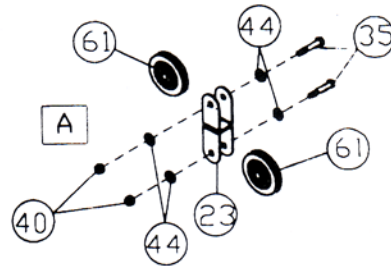


E Slide HAND GRIPS (59) on to each side of LAT BAR (16).

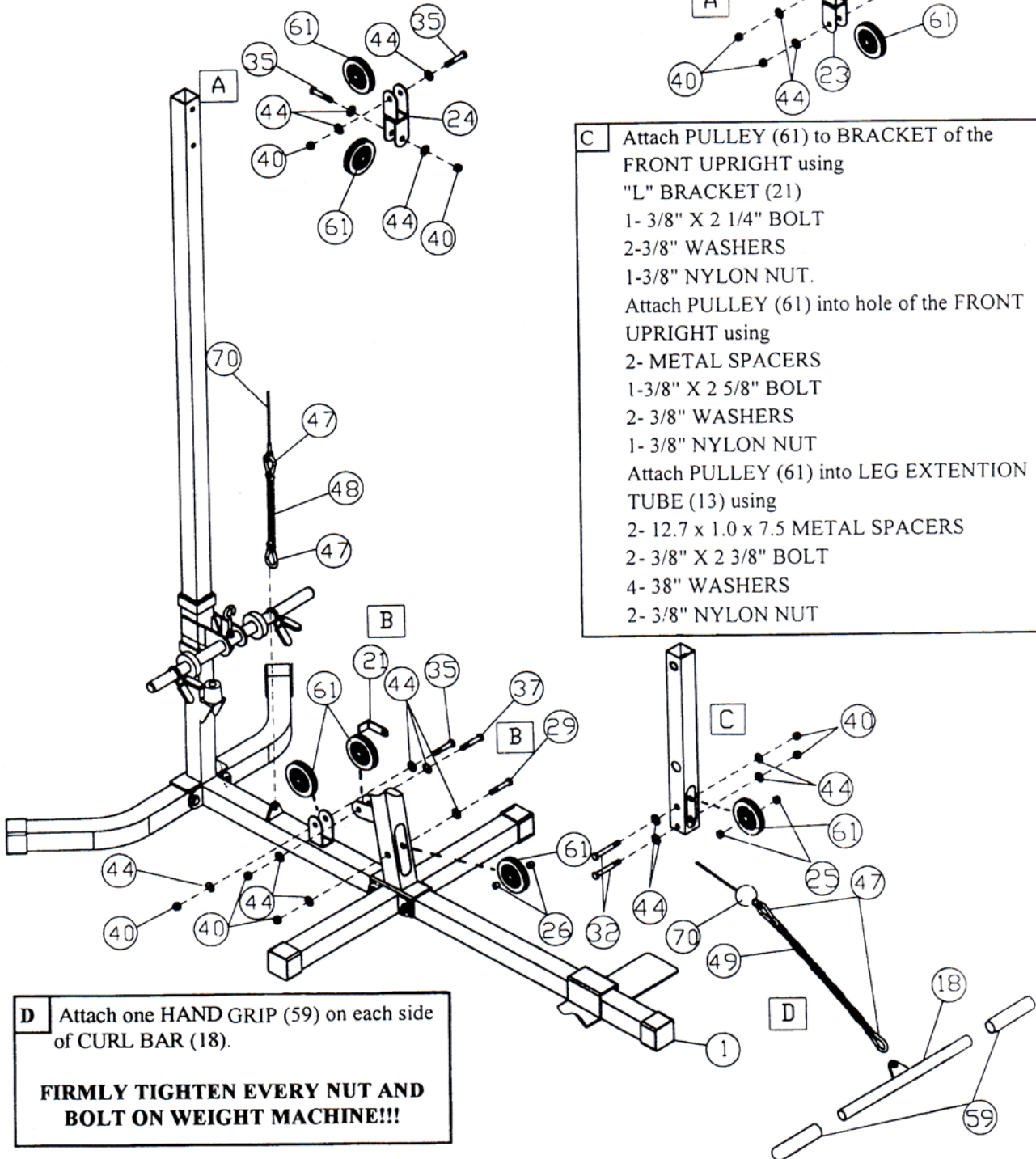
ASSEMBLY

A Attach two PULLEYS (61) into the DOUBLE BRACKET (23) and two PULLEYS (61) into the OFFSET BRACKET (24) using
 1- 3/8" x 2" BOLT
 2- 3/8" WASHERS
 1- 3/8" NYLON NUT on each PULLEY.

B Attach PULLEY (61) to BRACKET of the MAIN BASE FRAME (1) using
 1- 3/8" x 2" BOLT
 2- 3/8" WASHERS
 1- 3/8" NYLON NUT



C Attach PULLEY (61) to BRACKET of the FRONT UPRIGHT using
 "L" BRACKET (21)
 1- 3/8" X 2 1/4" BOLT
 2- 3/8" WASHERS
 1- 3/8" NYLON NUT.
 Attach PULLEY (61) into hole of the FRONT UPRIGHT using
 2- METAL SPACERS
 1- 3/8" X 2 5/8" BOLT
 2- 3/8" WASHERS
 1- 3/8" NYLON NUT
 Attach PULLEY (61) into LEG EXTENTION TUBE (13) using
 2- 12.7 x 1.0 x 7.5 METAL SPACERS
 2- 3/8" X 2 3/8" BOLT
 4- 3/8" WASHERS
 2- 3/8" NYLON NUT



D Attach one HAND GRIP (59) on each side of CURL BAR (18).

FIRMLY TIGHTEN EVERY NUT AND BOLT ON WEIGHT MACHINE!!!

ST-150(REVISED)

